

# WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

April 2017



## It's Stress Awareness Month!

Are you working to achieve work-life balance?

Life is stressful, for many reasons. Being a stressed out employee affects your focus and energy, and can cause absenteeism to rise and productivity to fall. It is important to strive for work-life balance. Here are some suggestions for striking that balance:

**Understand that balance is a work in progress.** There's constant readjustment that must be made as your situation changes. And everyone's balance differs. Don't compare yourself to others.

**Track your activities.** Write down everything you do for one week, both at and away from work. You may be surprised to find out how you really spend your time and how much can be changed.

**Organize.** Group like things together, such as running multiple errands at one time. Make and use lists and calendars. Organizing saves time and helps reduce stress.

**Avoid technology traps.** Cell phones and computers can make it difficult to separate work and personal life. Make a decision to turn off the devices during personal or family time.

**Make time for what you enjoy.** Whether it's family activities, exercise or hobbies, schedule personal time on your calendar. It will help you get into the habit of carving out time for yourself.

Source: <https://www.hopehealth.com/helping-employees-find-the-elusive-worklife-balance/>



## Are you up for the Challenge?

Let's work on stress management!

Get everything you need for a 4-week stress management challenge from Eat Smart, Move More NC, including sign-up sheets, instructions, newsletters, challenges and a certificate of completion! Visit <http://bit.ly/2nH4UVK> for details.

A poster for the "Manage Stress Challenge" with a purple and white color scheme. It includes the text "COMING SOON!", "DON'T LOSE IT JUST YET—JOIN THE", "Manage Stress CHALLENGE", and "The Manage Stress Challenge is a worksite wellness activity that involves practicing and adopting a variety of strategies to reduce and manage stress." It also has a line for "This activity will begin on \_\_\_\_\_ and end on \_\_\_\_\_" and "For more information about the Stress-Less Challenge contact \_\_\_\_\_ or \_\_\_\_\_". At the bottom, it says "The Manage Stress Challenge is brought to you by your worksite wellness committee." and features the "WORK Well NC" logo.

COMING SOON!

DON'T LOSE IT JUST YET—JOIN THE

# Manage Stress CHALLENGE

The Manage Stress Challenge is a worksite wellness activity that involves practicing and adopting a variety of strategies to reduce and manage stress.

This activity will begin on \_\_\_\_\_ and end on \_\_\_\_\_

For more information about the Stress-Less Challenge contact \_\_\_\_\_ or \_\_\_\_\_

The Manage Stress Challenge is brought to you by your worksite wellness committee.

WORK Well NC

# RECIPE OF THE MONTH

## Cranberry Walnut Slaw

Source: [www.cookingmatters.com](http://www.cookingmatters.com)

April 23<sup>rd</sup> is Picnic Day. Spending time with friends and family is a great way to relieve stress. And what better way to enjoy their company than a potluck picnic? Try this twist on a picnic staple.



**Prep: 20 minutes**  
**Makes: 10 servings**

### Ingredients:

- 1 (1-pound) head cabbage
- 3 medium carrots
- 1 c. walnuts
- 1/3 c. cider vinegar
- 1/4 c. canola oil
- 1 Tbs. sugar
- 1 tsp. celery seed
- 1/4 tsp. salt
- 1 c. dried cranberries

### Directions:

1. Rinse cabbage and carrots. Thinly slice cabbage. Peel and grate carrots.
2. Chop walnuts
3. In a large bowl, whisk together with a fork vinegar, oil, sugar, celery seed, and salt.
4. Add cabbage, carrots, walnuts and cranberries. Toss to mix well.

***This slaw keeps well for up to one day.***

## Meal Planning: Cook More, Stress Less



When you make a meal plan, don't just think about the food. Spend some time thinking about what is happening in your life on any given week, and plan accordingly! Some things to consider:

- Who will be eating each night?
- What do we have going on this week? When do we need a quick meal?
- What do I have on hand that I can or need to use?
- What is the weather like? (Who wants hot soup on a warm spring evening!)

Consider using a template like the one below.

### Family Meal Plan

week of \_\_\_\_\_



	SUNDAY	MONDAY	TUESDAY
<b>Who</b> will be there			
<b>Where</b> will we eat			
<b>When</b> will we eat			
<b>How</b> will the meal be prepared/ who is doing what			
<b>What</b> is going to be served  Main course:  Vegetables:  Fruits:  Other sides:			
<b>Comments</b> How did it go?			



## Let's Get Physical!

According to the U.S. Bureau of Labor Statistics, more than 90% of workers spend greater than 40 hours per week at work, making it a great place for employers to positively impact employee health through environmental and cultural changes. Wellness challenges are a fun, motivating spin on health promotion.

Here are 7 simple challenges to try:

### 1. Walking Challenge

Walking is a very accessible form of activity, and there are many ways to do walking challenges. Participants can earn rewards for walking a certain number of steps per day or can earn raffle entries for each 1,000-2,000 steps walked.

### 2. Daily Habit Challenge

Daily habit challenges work well over short 2-4 week periods. Come up with a different healthy habit that participants must do each day. Habits can be anything from packing your own lunch to taking a daily walk. Each behavior earns a raffle entry, with drawings at the end of each week.

### 3. Team Wellness Challenge

Team challenges foster a sense of community and motivate with common goals. Participants work toward group goals, like "walk 5,000 miles" or "lose 50 pounds". Keep track of group results on displays in a common area. Employers can offer an incentive for the whole group, such as weekly fitness classes at work.

### 4. Participation Challenge

Encourage participants to accomplish a task a certain number of times over a set period, rewarding those reaching that number. For example, they can challenge employees to attend 25 fitness classes in 30 days, to bring their lunch 15 times per month or to walk 5 miles a day.

### 5. Weight Loss Challenge

According to a Gallup poll, 49% of Americans want to lose weight. Challenges are fun and motivating. Weight loss challenges can span 8-weeks to a few months, and typically include regular weigh-ins and support throughout, like nutrition education. Winners can be determined by variables like total pounds or % body weight lost.

### 6. Holiday Challenge

Holidays are often a time when healthy habits suffer. Employers can run a challenge around physical activity to help keep people motivated through November and December.

### 7. Plank Challenge

Planking is great for core stability. Employers can challenge employees to plank a set time each day, increasing five seconds each day to reach a time goal over 3-5 weeks. Plank challenges can be done as a team (where those who have the best completion % win) or individually.

Adapted from: <http://bit.ly/2on52YR>



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